

See A5

See A4

See A7

WEDNESDAY FEB. 19, 2020 | VOL. 84, ISSUE 4 // WWW.THEORION.COM



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POLICE BLOTTER

The police blotter combines information reported by the Chico and University police departments

University Police

Call Type: Suspicious Circumstances
Wednesday, Feb. 12th, 2:01 a.m., 500 Flying V St.

Caller heard footsteps on the roof. Neighbors said that they saw someone trying to break in from the roof previously.

Call Type: Warrant Arrest
Wednesday, Feb. 12th, 6:59 a.m., 2500 Zanella Way

A person changed clothes behind a business and walked out half nude.

Call Type: Suspicious Circumstances
Thursday, Feb. 13th, 10:08 a.m., 2400 Connors Ave.

Car stopped in traffic. Male driver carrying a handgun got out and sat up a blonde female in the back seat. He got back in the vehicle and drove away.

Call Type: Disturbance
Thursday, Feb. 13th, 1:30 p.m., 600 Nord Ave.

Three men spotted dressed all in red, one carrying a crow bar. Caller is a nearby tenant carrying a large screwdriver for safety.

Chico Police

Call Type: Attempt to Contact
Tuesday, Feb. 11th, 9:44 a.m., Field 6-7 Warner St.

A person in a black bandana over their face riding a dirt bike approached by an officer. Subject arrested.

Call Type: Suspicious Circumstances
Tuesday, Feb. 11th, 12:52 a.m., parking Structure 2 on Normal Ave.

Package wrapped up in fire extinguisher. Upon investigation, it was a very old sandwich and was then thrown away.

Call Type: Door Unlock
Thursday, Feb. 13th, 9:55 a.m., Tehama Hall

Caller locked themselves out of the office.

Call Type: Complaint
Thursday, Feb. 13th, 3:34 p.m., PAC Chestnut St.

Two male juveniles were riding their scooters and doing jumps.

PHOTO BY | KIMBERLY MORALES

Students would make their attempts from the disabled vehicles driver seat while wearing the virtual reality headgear.

Continued from A1

she received an infraction ticket for speeding, swerving, driving off the road and causing a collision with a blood alcohol content of .11.
“I’ve been driving since high school and I’ve never driven like that before. It was definitely a lot harder than I thought it would be. Normally I’m the designated driver. I knew how bad it was but I didn’t realize it to the extent,” DeLucia said.
Palepspsaitis included why UNITE added the texting and driving scenario for students.
“Not a lot of people know that texting and driving is the number one cause of accidents on the road — more accidents than drugs and alcohol combined, so it is a pretty big thing,” Palepspsaitis said. “Everyone thinks they’re good behind the wheel but that’s not always the case.”
In 2018, a crash along Highway 99, caused by intoxicated driver, 24 year old Adnan Mubarak, caused a collision into a freight liner, leading the liner to lose control and crash into an oak tree, killing the passenger of the liner and severely injuring the driver. While Mubarak did not receive any injuries, he was arrested by the Chico Police Department on suspicion of vehicular manslaughter with gross negligence and driving under the influence of drugs and alcohol resulting in injury to others.
In 2013, Kristina Chesterman was killed by a drunk driver after riding her bike home on Nord Avenue. The killer, 20 year old Riley Dean Hoover, was found guilty and sentenced to five years in prison.
In 2012, 22 year old former Chico State student Alexander Green, was found guilty of charges including two counts of gross vehicular manslaughter while intoxicated after a drunk driving crash killed two of his passengers in San Luis Obispo County. Green was sentenced to four years in prison.

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Vagina Monologues offers unapologetic narrative for the women of Chico



PHOTO BY | Dayanna Negrete
The cast applauds and thanks the audience for coming to the show.

Melissa Joseph
Staff Writer

Hundreds gathered to celebrate their womanhood and explore the nature of their gender identity during the Vagina Monologues, Friday night.

Among attendees were dozens of organizations detailing resources in Chico that help women secure proper reproductive care and relationship support.

Women on Reproductive Defense, an organization that informs women of certified clinics and offers

escorting services to patients of protested clinics, was among the organizations that attended the Vagina Monologues.

Ellen Walker, a representative of WORD, described the importance of the organization and its role in women's health.

"We provide the kinds of services that will help women obtain their rights and their justice, regardless of social pressures," Walker said.

In contrast to the cute slumber party theme, the play offered a subliminal message to the audience about the dangerous

repercussions of gender conforming expectations for women.

In a monologue labeled "Hair" by Jess Mercer, the elements of her crumbling marriage were depicted through the pubic state of her vagina.

"Our marriage counselor told me to shave my vagina to stop my husband from sleeping around. She told him to shave me," Mercer said. "When he shaved me, he was so happy, he didn't care that he was nicking and cutting into me"

Following monologues mirrored the tumultuous experiences of womanhood and the challenges enforced and ignored by society.

The word "vagina" and "pussy" was used well-over a hundred times throughout the play, empowering women to take back the vilified words.

Bri Guerrero-Vega, the women's program coordinator for the Gender and Sexuality Equity Coalition, explained the importance of the Vagina Monologues and the way the play empowers women of all ages.

"Vagina Monologues is used to provide a space and language for folks that want to empower themselves who have a vagina and identify as a woman," Guerrero-Vega said.

To access further resources for women's health, more information can be found in the GSEC office and the student health clinic.

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X-Pressions Art Gala showcases black creativity



Kati Morris
Staff Writer

On Saturday night, Chico State student organization Just Unity Sistas hosted their own take on the famous Met Gala by showcasing work from black artists in Chico. Held at the 1078 Gallery, The X-Pression Art Gala was a night of formal attire, visual art and live performances of poetry and music.

The event, which mimicked Vogue's annual fundraising gala for the Metropolitan Museum of Art, also known as "The Met," in New York City, was a benefit for the Chico State student organization Just Unity Sistas.

Just Unity Sistas, or JustUS, is a student organization that focuses on the advancement and empowerment of black women, with the intent of unifying black women on campus and beyond. The organization focuses on four main principles: empowerment, mentoring, unity and campus presence.

"It's a women of color organization," Endiya Jackson-Hill said, who hosted the event. "It's also a safe space for women of color."

Among the art displayed on the walls were photography, sculptures and paintings by various artists. One wall featured a large display of mixed media paintings by Ernie Gomez under the name "Exist To Create."

"My favorite piece is the skull (pictured) because the original painting was burnt in the Camp Fire last year," Gomez said. "That was one of the first paintings I ever did. I was able to recreate it."

The evening was broken up into individual performances with

intermissions for guests to dance, mingle and indulge in food. During intermissions, jazz music was performed by the band Mantron.

Before each performer took stage, Jackson-Hill took a moment to honor Black History Month by sharing snippets of significant events. She spoke of historical leaders like Rosa Parks and Martin Luther King. Jr, as well as more recent pop culture icons like Aaliyah and Kobe Bryant.

Live performances included poetry reading by Black Rose and Imani. Black Rose took the stage to perform a poem she wrote called "Dear Black Men" in which she details her own frustrations with black men engaging in misogyny and homophobia.

Imani delivered a heartfelt slam poem she called "Blood, Sweat, and Tears."

"This land will strip me of my individuality," Imani said. "This land will take away my tongue. This land will loot me of my freedom, this land will forget who I am."

Musical performances included Darlasia, Easy Money and D cings, as well as a performance by Butte College Dance Crew.

JustUS has regular meetings on campus throughout the semester, each with a different focus or theme. Information about upcoming meetings and events can be found on their Instagram: [@justinitysistas](https://www.instagram.com/justinitysistas).

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PHOTOS BY | DAYANNA NEGRETE
(Top) Paintings by Ernie Gomez. (Middle) Darlasia posing in front of the artwork. (Bottom) Mikala performing during the exhibit.



Maltese bar champions: one of Chico’s most diverse drag shows

PHOTOS BY | HANA BEATY
(TOP) Performer made sure to entertain the audiences in a fun sexy way. (BOTTOM RIGHT) Performer lip syncing to the audience while they lip sync back to him.

Kirstin Joyce
Staff Writer

Drag kings and queens from all over northern California gathered at the Maltese Bar, Saturday night for the venues monthly Drag Show. The show began at 10:30 p.m., but most of the crowd and a few of the performers were there much earlier to chat and drink on the bar’s back patio. Performers of all different shapes, sizes and styles began to trickle into the changing rooms as the inside of the bar became more and more crowded. Host Millian, a drag queen who has performed at the Maltese for over eight years, introduced the first acts of the night. An array of incredibly diverse performances ensued, with some queens choosing to lip sync to songs that would make any diva proud and others choosing to dance to more interpretive or throw-back styles of music. At one point, one of the performers lost their wig while executing a powerful hair flip, and the crowd went wild as they continued to rock the song in an edgy pixie-cut.

“There’s no judgement here. This, here, is what you call a safe space,” Millian said. “This is where we have fun. This is where we accept everybody and we love everyone. That’s why I love drag. I love being an entertainer.” A few drag kings also took to the stage for solo acts or couple collaborations with other queens. Some sets included a Magic Mike-style performance by Will Ryder, one of the Malteses’ resident drag kings. Originally a performer from Salinas, Ryder became part of the show shortly after moving to Chico. Ryder, as well as all of the other performers, create their own sets for each show. “The creative aspect of it all comes from each individual performer,” Ryder said when asked about the stylistic inspiration behind the show. “Sometimes we do group collaborations. You might see a few tonight or if we do our solo stuff, it gives us an opportunity to use the stage to tell a story to others who may not otherwise hear it.” The talent and creativity of the



performers did not disappoint, especially as performers returned for the second half of the night. Under a cosmic display of swirling lights, the audience experienced a sassy techno routine, a burlesque show, rave costumes and rap acts. One queen dropped into the splits during a performance of “Candy Man” and threw heart-shaped lollipops out to the crowd. “It’s the kind of performance that you won’t get anywhere in Chico.

Like you’re not going to see a drag show once a month anywhere else in town,” Producer Brandon Hilty said. “We’re really lucky that we have this place and that we have people willing to do it.” Maltese Bar hosts drag shows every third Saturday of the month with an \$8 entry fee.

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PHOTOS BY | Dayanna Negrete
(Left) Cassandra Arechiga shares an original song with the crowd at Sylvester’s cafe during poetry night. (Right) This interactive board displayed different aspects of ‘Healthy Relationships’ for poetry night participants



Campus organizations join together to promote healthy relationships

Kirstin Joyce
Staff Writer

Safe Place and the Cross Cultural Leadership Center collaborated Thursday to host a “Healthy Relationships” poetry night at Sylvester’s Cafe. The poetry night was only one in a week-long series of events curated to promote self-love and healthy relationship practices on campus. Safe Place has hosted healthy relationships week every year, but this is the first time they have partnered with the CCLC. “It’s really acknowledging that healthy love looks different for every individual person and how much culture plays a role in that,” Safe Place administrator Alix Macdonald said. “It’s important to kind of

have, like that cultural humility as we’re talking about what healthy love looks like. Hosts from both organizations began the event by passing out purple sheets of paper, with prompts centered around personal definitions of love printed onto it. They asked the audience to write an answer for each one while sharing examples of their own. “Now nobody has an excuse to not come up here during open mic,” host and CCLC staff member Cassandra Arechiga said to the audience. The readings began with a series of scheduled speakers, all of whom were sitting amongst audience members. The topic of the poems seemed to have a particular flow to them, with the first speakers presenting stories of past relationships, the next detailing their journey’s to self love, and the last focusing

on family ties. In a wholesome display of romance, the two coordinators of the event, Macdonald and Krystal Tonga, and read love poems out loud that they had written for each other. A few of the speakers had never shared their poetry before, but received great support and encouragement from the crowd. There was a short intermission after scheduled speakers finished to give everyone time to enjoy some of the free refreshments available as well as take a look at some of the decorum set up around the room. This included an anonymous poem about a rocky relationship hung on the wall and an interactive board filled with heart shaped notes of what a healthy relationship looks like to different people. The next portion of the event was for

“Now nobody has an excuse to not come up here during open mic.”

CASSANDRA ARECHIGA | CCLC Staff

open mic sign-ups, and surprisingly there were more spontaneous performances than scheduled ones. 11 individuals took to the stage to read out some of their own poetry works, or even letters they had written to their families or partners in the past. The night ended with a poetry share out by Chico State Commissioner of Diversity Affairs Emmonie Jones, who read an insightful piece about the meaning of home. Together, both organizations highlighted the importance of owning your emotions and living (and loving) out loud.

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COURTESY BY | CHICO STATE SPORTS INFORMATION
(Left) Brooke Larsen gets ready to throw a pitch. (Right) Kristin Worley bunts a ball and begins to run.

Stars on both sides of the ball

Arrow VanAbrams
Staff Writer

The Chico State softball team (9-0) has made a statement so far this season, largely in part due to the play of Kristin Worley and Brooke Larsen. The duo made an appearance last week on the Top 50 “Watch List” for the 2020 Schutt Sports/National Fastpitch Coaches Association (NFCA) Division II National Player and Pitcher of the Year award. Larsen and Worley have worked their way up to this point and are both regarded as extremely hard workers by coaches and teammates.

“(Softball) is literally my job day and night,” Worley said. “It’s my focus.”

Senior shortstop Worley is coming into the season with 16 years of softball experience beginning when she was four years old. She found her love for the game early. Worley dabbled in other sports like soccer and cross country, but it was short-lived before she made softball her prime focus.

Growing up in Buena Park, home of big-time attractions like Disneyland and Knotts Berry Farm, it is no surprise that her personality and playstyle reflect her hometown’s extravagance.

“Kristin is a hell of a player and she’s crazy,” Larsen said about Worley. “She has the most energy out of anyone I’ve ever met.”

Worley enters her senior season as a willing and experienced leader for her team. Before her time at Chico State, she played with the same group of girls for 10 plus years through travel ball and recreational ball. She is no stranger to a leadership role. This year, the Wildcat softball team’s motto is “Together we will,” fitting with a leader like Worley on their side.

“I’m the type of person that’s very family oriented,” Worley said. “I like to be around people and show that I care and love them and am willing to do anything for them. I’m willing to go the extra mile.”

This mindset is what draws Worley to a potential future career in coaching. She already has her coaching certification and plans to find a job in the field once she graduates college.

“I just want to be able to apply what I know about the game to younger girls, and let them know that I’m here to help,” Worley said.

While her leadership qualities are invaluable for the Wildcats, she is also quite the shortstop. So far this season, Worley has already broken the Chico State all-time steal record. While she has said she “doesn’t care about stats,” she is also determined to break the hit-record.

One may argue that Worley is one

of the most accomplished softball players in Chico State history.

“Anytime that I get to go to the field or go to the gym, I will take the opportunity and not take it for granted,” Worley said, reflecting on her last season.

Worley makes sure the Wildcats are covered offensively, while Larsen keeps the defense in good hands. Since transferring to Chico State from the Academy of Art University, Larsen has put up historic numbers for the Wildcats. This season alone, Larsen is a perfect 5-0 in her five starts, posting a 0.74 ERA along with 37 strikeouts.

“She holds a big role on our team,” head coach Angel Shamblyn said about Larsen. “She has the ability to keep us in every single game that she’s pitching.”

Larsen is from the Sacramento area and just like Worley, her childhood consisted of a constant grind of travel ball and recreational ball.

Her short career so far at Chico State has been full of award honors and overall dominance. After being named the conference’s Most Valuable Pitcher and Newcomer of the Year last year, Larsen has started her 2020 campaign scorching hot. She was named CCAA Pitcher of the Week during the first week of the season.

“It’s awesome getting awards for

just doing what I love to do, but I hope to keep on moving forward and breaking my own records and getting better,” Larsen said.

This season, Larsen has brought in a new pitch, the rise ball. Additionally, she now has a healthy body, as she dealt with a nagging injury last year.

“This season, me and Coach Shamblyn have been working to get that pitch going, and so far it’s been really effective,” Larsen said.

Off the field, Larsen is a prolific artist and graphic design major. She even has found a way to make money from her talents, drawing portraits of people’s dogs for commission. She plans on pursuing a career in branding and website design once she graduates.

Similar to Worley, Larsen has fully committed to the “Together we will” motto. As a junior, Larsen is committed to emerging as a leader whom her teammates can rely on.

“I like being super connected on the field,” Larsen said. “All of us hang out off the field, so on the field we have a really good connection.”

Only time will tell what is possible for these talented, young leaders and the rest of the undefeated 2020 Chico State softball team. So far, so good.

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Shay Stark steals the spotlight



PHOTO BY | JULIAN MENDOZA
Shay Stark talks with reporter about herself and her family.

Alex Martin
Staff Writer

Shay Stark is a star player on the Chico State women’s basketball team. She developed a passion for the game of basketball at a young age and brought her passion to college. Stark is a fierce competitor and she plays with her whole heart out on the court.

“At the end of the day, the only one that can beat us is ourselves.”

SHAY STARK | Athlete

“When I first started playing basketball, I was about 5 years old,” Stark said. “What made me get into it was really my dad and my brothers. I grew up with two older brothers.”

Stark has been playing basketball at Chico State since she first arrived as a freshman. Playing collegiate basketball has been on her radar ever since stepping onto the basketball court.

“It’s been amazing,” Stark said. “It’s been one of my many dreams and goals to be a collegiate basketball player. I love the environment here. I love my teammates, the coaching staff and just everyone involved with the athletic department. It’s been a blessing to me.”

Stark looks up to and admires many basketball players in the NBA. She tries to emulate their style of

play. One player in particular was Kyrie Irving, who currently plays for the Brooklyn Nets.

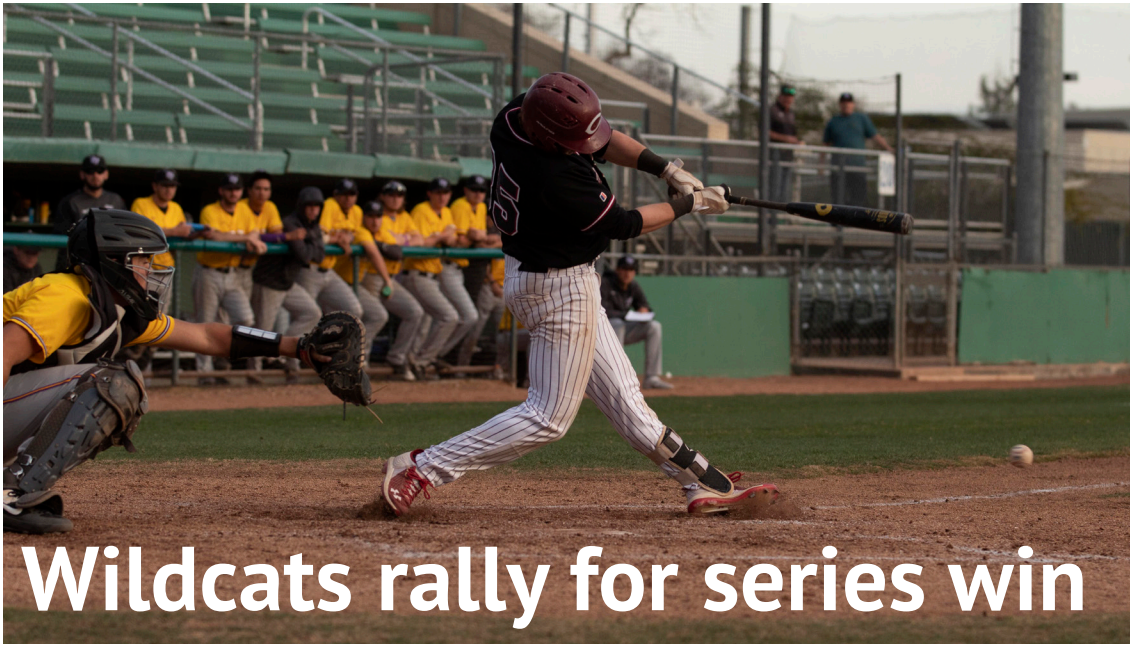
“I’m a big Kyrie Irving fan,” Stark said. “I definitely try to mimic his aggressiveness, his assertiveness and just his finesse when it comes to basketball. I feel like he’s definitely one of the smoothest players in basketball right now, and I just love his drive. I love his commitment and how he stays true to himself and his confidence.”

Throughout this season, Stark has been averaging 9.1 points per game and is one of the team’s leading scorers. Stark’s biggest performance came on Jan. 25 when she scored 18 points against California State University, Los Angeles.

With just five regular season games remaining on the schedule, Stark and her teammates will do everything in their power to secure a playoff spot. They want to excel as far as they can in hopes of bringing a championship title back to Chico State. Regardless of how far they go, Stark is optimistic about their playoff run.

“We’re just fighters,” Stark said. “We’re resilient. Everyone goes through obstacles. Everyone has trials. But I feel like with this team and this coaching staff, nothing really gets us down. At the end of the day, the only one that can beat us is ourselves. I love that we’ve been going through this journey together.”

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Wildcats rally for series win

Matthew Wreden

Staff Writer

With a 2-2 count, two outs and two men on, Adam Muñoz stepped up in the bottom of the seventh inning looking to put up the go-ahead runs. Muñoz did exactly that and drilled one to center field to add two clutch RBIs.

“We all rallied together as a group, and I think we have a special team this year.”

Turner Olson | *Athlete*

“We practice getting that runner home all the time in practice,” Muñoz said. “I was just trying to keep the hands low, let the hands work and just

do my job.”

The Wildcats (7-3) would take a 6-4 lead after this and did not look back, winning three of the four-game series against the San Francisco Gators (7-3).

Austin McFarlane, a sophomore RHP, got the call on the mound in the final game and went only three innings allowing three early runs, six hits and two walks. Jackson Kritsch and Thaddeus Wilson brought home two runners in the first inning while Richie Rios brought one home in the third inning.

“They had tough at bats, and I threw a lot of pitches,” McFarlane said. “Individually, I did OK, but this was a team job. We fought, and this year’s team is different. It’s all about the grind and playing nine solid innings.”

It wasn’t until the third inning when the Wildcats started doing damage. JT Navarro advanced home on a wild pitch and Wissler and Muñoz added RBIs to

tie the game at 3-3. The Gators’ last run came in the fifth inning when Jackson Kritsch scored after reaching third base on a triple.

Following the seventh inning stretch, the Wildcats were down three runs with the top of their lineup due at the plate. Navarro got the rally started by getting a walk, Turner Olson got a single and Willie Lajoie reached first base thanks to an error.

Zavala tied the game up with an RBI single and then Muñoz brought home two more with this two-run RBI double. Muñoz ended 2-4 with three RBIs.

Olson, a junior outfielder, also had a solid day at the plate going 3-4 with three singles. Olson said this team is resilient and had some tough at bats.



THE ORION | WESLEY HARRIS

(Left) Turner Olson hits a chopper for a single. (Right) Daniel Foret delivers a pitch in the fourth inning

“We all rallied together as a group, and I think we have a special team this year,” Olson said. “I saw a lot of high sliders and we capitalized on their mistakes.”

Looking ahead, the Wildcats will take a trip down to California State University, Monterey Bay next weekend for a four game series starting at 6 p.m. on Feb. 21.

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Get ready with me: Athlete edition

Matthew Wreden

Staff Writer

Before Brooke Larsen steps out onto the dirt of the softball field, you can find her with her teammates chatting at Starbucks and getting prepared to take on their opposing match-up. Larsen always orders her usual iced caramel macchiato for her pregame drink.

Larsen, a junior from Sacramento, is one softball player that takes her pregame routine very seriously. She has the same routine which she performs prior to each game she plays in. Step-by-step, she slowly gets in the right mindset to perform her best on the diamond.

“I always do my makeup first, then my hair, then I get dressed,” Larsen said.

Upon arriving at the field, the softball players go down to the locker room and get ready for warmups. They follow a routine in which they have been practicing for years.

“We typically have the same warmup routine that we go through as a team,” head coach Angel Shamblin said. “Pitchers have their routines down. Infield and outfield have their routine down. We do the same one no matter if we are home or away.”

If there is downtime during team warmups, you can usually find softball players battling in a lively game of hacky sack.

“It gets pretty intense. We chuck it (the hacky sack ball) at each other and run away screaming,” junior Sarah Mitrano said.

Switching to the other diamond, baseball player Grant Larson, a senior from San Diego, says that pitchers are creatures of habit when it comes to their pregame rituals. The 6-foot-7-inch southpaw has had his own routine down for years. When the headphones are on, his surroundings are tuned out.



COURTESY BY | BRANDON MOWINKEL ON UNSPLASH

Larson only focuses on the music and getting in the zone. He prepares his mind and mental game to translate to his physical capabilities out on the field.

“I like hip hop and rap music during warm ups,” Larson said. “I like to listen to what is going on. If I know I can lock into that, I know I can lock into a game.”

On the road, Larson doesn’t have the usual comfort of hearing his walk-out song play through the speakers upon taking the mound to fire him up. Therefore, when Larson finishes his warmups, the last song he hears on his personal playlist prior to

stepping on the field is that year’s walk-out song.

For an athlete, their pregame routine is a crucial part of getting both mentally and physically ready for the game. Pregame rituals are unique to each athlete and are not taken lightly. The pregame transfers to the game, and the game transfers to the outcome.

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Wildcat baseball finds success with transfer students



PHOTO BY | JULIAN MENDOZA

The men’s baseball team cheering for their teammates home scoring run.

Matthew Wreden

Staff Writer

For junior college athletes looking to take their talents to the next level, earning a spot on a university roster requires hard work and immense dedication.

The Chico State baseball team is filled with transfer students looking to make an impact on a new team. Out of the 39-man roster, 26 of the players started their collegiate baseball career at a junior college then earned themselves a roster spot here at Chico State.

“This program has typically been junior college oriented,” head

coach Dave Taylor said. “The JC guys have been battle tested, so they know what to expect when they get to this level. We usually take more transfer students over freshman because the freshman are not quite tested yet.”

Cody Wissler, Braeden Gowdy and Eddie Zavala all started at a junior college and are now demonstrating their skills on the Chico State baseball team.

“It makes the team better comradery-wise because we all came from the same place and have been through the same process. I think it really helped the team mesh this year,” Gowdy, a junior from Cuesta College,

said.

Gowdy earned himself a spot as a right-handed pitcher in the starting rotation this year and has been keeping opponents’ bats silent so far. He has pitched 10 overall innings only allowing three hits, three runs and a whopping 13 strikeouts.

Gowdy speaks highly of being a transfer student-athlete and what the transfer process entails.

“I already got part of school out of the way, I know what the process is, and I have been warmed up to it. The worst part is I wasn’t here all along,” Gowdy said with a laugh.

Gowdy received no offers coming out of high school and went straight to Cuesta College. During his time at Cuesta, he greatly developed as a ball-player and fine-tuned his pitching tools. He has now been named Wildcat of the Week and is an active part of a team that is riding a five game winning streak.

Zavala, a senior from Los Angeles Harbor College, acknowledged how much of a grind junior college was. The athletes were all about hard work.

“The process of coming up to Chico was just taking it day by day,” Zavala said. “Working on the field on your own and just grinding really. The best part is owning up to the fact that you are a juco (junior college) product.”

Zavala, who has been named CCAA player of the week, is crushing the ball during his senior year campaign. Zavala’s 12 hits lead the Wildcats through their first seven games. He has also driven in 10 runs and has blasted a home run. However, Zavala had to adjust to the major change in play from the junior college level to the university

level.

“The biggest difference is the velocity of the ball and the IQ of the players. Everyone is good at this level,” Zavala said.

Wissler, a senior from El Camino College, had no plans to continue playing baseball after high school. After having a conversation with the coach at El Camino, however, he decided to stick with the sport a little longer.

“I got an opportunity to keep playing and I took advantage of it,” Wissler said. “That is the whole thing about juco. We are waiting for opportunities and when one comes we have to be ready for it.”

Wissler has collected seven hits this year and is in second place for RBIs with six in total. His most impressive appearance came on Feb. 8 when he had four RBIs in one game. While his performance may not show it, the process of moving up to Chico State was quite nerve racking for him.

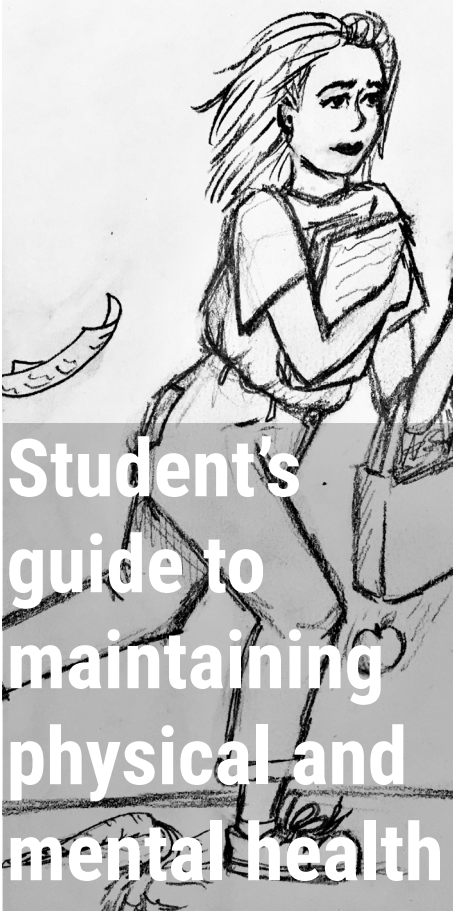
“The first day I met all of these guys, we were all on the same boat,” Wissler said. “We were all JC guys - all first time away from home. So, that made it a lot easier for us to connect more.”

Wissler has stepped onto this team with passion. He seized the opportunity he was given to come on board the Chico State baseball team, and it reflects onto his play.

“This team is really good at bonding. We are all juco guys, so that makes it really special,” Wissler said.

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ILLUSTRATION BY | MELISSA JOSEPH



Student's guide to maintaining physical and mental health

Alexis Harvey
Staff Writer

Most students are living away from their families for the first time. This includes cooking their own meals and making sure they get the right amount of nutrients.

This can be hard for some students. Between going to class, studying for exams, maintaining relationships and making big decisions about their future, college students can quickly abandon crucial things such as physical and mental health.

A healthy lifestyle may not always be a student's top priority. We have so much going on in our lives that sometimes it's easier to eat leftover pizza for dinner than to cook a nutritious meal.

Whether you're looking to continue a healthy lifestyle or start a new one, this is the perfect time to learn. These tips will keep you feeling fit, lively and stress-free throughout the semester.

Learning to eat smart

Before you start running low on meal swipes and flex cash, make healthier choices more convenient by stocking your refrigerator with nutritious foods. You do not have to live off of the dining hall alone. Oatmeal packets, yogurt cups, fruits, vegetables and microwaveable soups are perfect for the days when you're sick of cafeteria food.

Avoid Temptations

Pizza for breakfast, lunch and dinner might sound like a good idea at the time, but trust me, your body won't appreciate it as much. Instead of being tempted to eat all that junk food, switch it out for whole foods every once in a while.

Also, avoid the temptation to skip any meals at all costs. Skipping meals is not a healthy alternative to eating junk food. Pack a lunch or make sure you keep snacks in your backpack for long days.

Establish a routine

We're all busy throughout the week and committing to a routine is the best way to keep yourself stress-free. Make an attempt to establish a routine to help improve your self-discipline. It is crucial while trying to stay motivated and improve your well-being.

Getting into the habit of working out regularly, getting enough study time and maintaining a proper sleep schedule will only positively impact your semester.

Set personal goals

You likely have a general idea of what you want to achieve in school and in your personal life. Setting personal goals for yourself is a great way to help ensure your emotional and physical health stays stable.

Well-being and maintaining your emotional health is vital to your success in college. Setting personal goals can help maintain this and your self-confidence.

Don't be too hard on yourself.

College can be discouraging and you might not meet all of your goals. Trust me, the world isn't going to end if you fail one chemistry test. It may feel like it at the time, but find an opportunity to learn from every mistake.

The challenges you face in these four years will end up paying off in the end. College is such an exciting and rewarding time. Learning how to take care of yourself, remembering to work hard, trying your best, and most of all, enjoying it, will help you succeed.

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Talking about sex gets harder as we get older

Erin Holve
Staff Writer

I'm nervous, sitting in an auditorium with roughly 200 other people. A friend convinced me this was a Portland, Oregon event which could not be missed.

My heart beats with rapid anticipation and utter fear. I've made a terrible mistake. I'm not the kind of girl who watches amateur porn with a room full of strangers.

The screen lights up, pulling my attention. My travels into the enticing and risqué world of sex and porn is beginning.

At the age of 25 I went to an event called Hump festival. A film festival that features short, each less than five minutes, porn movies.

These movies are all created by people who are not porn stars but rather average American citizens. These movies highlight all body types, shapes, ages, colors, sexualities, genders, kinks and fetishes with a focus on sex-positivity.

The event is hosted and curated by Dan Savage, the writer of the internationally syndicated relationship and sex advice column Savage Love. Savages' main mission with this 15 year old event is to change the way America sees, makes and shares porn.

And the way we feel about porn and sex in America is constantly a topic of social and moral debate.

In a national survey by Planned Parenthood, Parents and Teens Talk About Sexuality, shows that eight out of 10 young people and their parents have talked about sexuality. Nearly half of these parents began talking about sexuality beginning by age 10, and 80 percent had started by age 13.

So a decent percent of parents are talking about sex with their children. This helps with better knowledge and understanding about sex and sexuality as teens become adults. But this data has shown that parents of older children don't always continue the conversation about sexuality as they get older.

"...parents of young people ages 15-



ILLUSTRATION BY | MELISSA JOSEPH

21 aren't talking frequently enough about how to stay safe online, where to get reliable sexual health information and reproductive health care services, strategies for saying no to sex, how to deal with peer pressure, and sexual orientation," Planned Parenthood stated.

I can relate to this data. All of the adults seem focused on teaching you about the rough basic of sex in middle or high school but after that you are all on your own.

There can be many barriers that make parents struggle to continue these sex conversations. Children being too young, worry about embarrassment, preferring to rely on sex education in schools, not knowing enough information or believing the other parent should take care of these types of conversations.

And here is where it gets tricky as teens enter adulthood. The information you learn is either through the internet's vast cornucopia of sex and porn or media's hyper sexualized yet narrow view of sex.

"What they're getting in porn is a

really distorted vision of what human sexuality is," states Peggy Orenstein, the author of the book Boys and Sex. "They see image after image of sex as something men do to women...and without discussion with parents and without discussion by schools, that's becoming the de facto sex educator for a lot of kids."

Now I'm not arguing against porn, but rather for there to be better sources, access and knowledge as to what sex and sexuality can be.

What we learn in school is limited. We learn anatomy and how heterosexual sex should work, not the diversity of bodies, positions, kinks, sexualities and genders participate in sex.

So if you happen to be in Oakland from February 20-29 and wish to be shocked, turned on and educated on the world of sex then buy yourself some tickets to the touring Hump festival. Explore your sexuality in all of its glorious and infinite possibilities.

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Men need to be more involved in gender studies

Erin Holve
Staff Writer

Last semester I had a class where the students sat in a circle facing each other where we would have open discussions. I loved this class, but it lacked one dynamic, diversity.

I was sitting in a room with 16 women and four men. The gender disparity was alarming.

Our professor encouraged all of us to feel safe to share our diverse opinions and to be respectful of each other.

I started the class ready for well-rounded discussions. The only problem was we could barely get a word out of most of the male-identifying students.

This semester I am in another gender and sexuality class and the dynamic is the same. This has led me to question why this dichotomy exists.

I spoke with Mary Dolan, a psychology professor, about the issue of gender disparities in gender and sexualities courses. I asked her whether she had any theories on why men don't tend to want to take these types of courses.

"Overall I would relate it to a manifestation of the college majors and careers we are encouraged to pursue," said Dolan. "The topics discussed in courses like psychology of women tend to be perceived as 'women's issues' thus many mistakenly believe the material will not be valuable to them."

I also spoke with a few male students to gain a better understanding of this issue. We talked about whether they have taken gender studies courses, did they like the class and would they take another one.

"I did enjoy the class, but I'm not really sure if I'd want to take another gender studies class," Chico State student Paul Mamalakis said. "I mean I probably wouldn't take one now because I'm almost done with my GE, but also I feel like it's not a topic that grabs me as much."

Mamalakis and several others all had similar responses. Why do so many male students feel this way?

Rachel M. Schmitz and Emily Kazyak, authors of a 2017 academic study analyzed 15 men who have taken gender study courses. Their study, "Checking Privilege at the Door: Men's Reflections on Masculinity in Women's and Gender Studies Courses," was intended to gain the male perspective.

Men who took these courses were able to examine their own sources of privilege. They became more aware of social inequality and had a greater willingness to engage in social activism.

"...we need to transform the 'women's issues' perception," Dolan said. "If all people were to value the need to improve our family leave policies and have access to affordable high quality child care, for example, and see such issues as personally relevant, that would help."

But men also felt fear of being seen as a monolith of the male perspective, especially when they are the minority in these courses.

"Students may avoid self-identification with feminism because of unflattering associations with the term purported by anti-feminists, such as female dominance and man-hating attitudes," stated Schmitz and Kazyak.

Exposure to social justice-oriented courses exposed dominant groups, heteronormative men, to feelings of collective guilt that can be difficult to handle. This is likely a key factor as to why men keep quiet in these courses.

I know this opinion won't be popular for those students just trying to get through those pesky GE courses. I think universities should create more GE course requirements that actively get students to participate in multicultural, gender and sexuality studies.

While I know it's a lot to ask of students and faculty, it's for the growth of society as a whole. The more inclusive ideas we are taught the more empathetic we become.

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